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Listing of Claims

The following listing of claims will replace all prior versions, and listings, of claims in the subject application:

- 1. (surrently amended) A sponge cake premix comprising a main ingredient of a sereal powder, a batter prepared by adding a thermocoagulation protein to said premix being cooked under heat with a microwave oven to prepare a sponge cake to be cooked into a sponge cake, by mixing a thermocoagulation protein to the premix, stirring the mixture and heating the mixture, wherein said sereal powder comprises starch and pregelatinized starch.
- 2. (currently amended) The A method of preparing a sponge cake premix according to claim 1, wherein said starch comprises at least one of wheat starch, corn starch, tapicca starch, potato starch, rice starch and modified starches excluding pregelatinized starch, said modified starches being prepared by using these starches as the raw materials by heating with a microwave over a batter stirring resultant mixture obtained by mixing a thermocoagulation protein, milk and/or water to a premix comprising main ingredients of starch and pregelatinized starch.
- 3. (currently amended) The sponge take premix according to claim 1, wherein said pregelatinized the starch comprises is at least one selected from the group consisting of pregelatinized wheat starch, pregelatinized corn starch, pregelatinized tapiocal starch, pregelatinized waxy corn starch and pregelatinized potato starch, rice starch and modified starches excluding pregelatinized starch, said modified starches being prepared by using these starches as the raw materials.
- 4. (currently amended) The spenge cake premix according to claim 1, wherein said the pregelatinized starch is centained in

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an amount of 25 to 55% by weight based on the amount of the cereal pewder comprises at least one selected from the group consisting of pregelatinized wheat starch, pregelatinized correstarch, pregelatinized tapicca starch, pregelatinized waxy cornestarch and pregelatinized potato starch.

- 5. (currently amended) The sponge cake premix according to claim 1, further comprising at least one of water insoluble dictary fiber selected from the group consisting of cellulose, wheat bran and sugar beet fiber wherein the pregelatinized starch is contained in an amount of 25 to 55% by weight based on the amount of the cereal powder.
- 6. (currently amended) A spenge cake The premix according to claim 1, comprising main ingredients of a cereal powder and a thermocoagulation protein, a batter formed of said premix being cooked under heat with a microwave oven to prepare a spenge cake, wherein said cereal powder comprises starch and a pregclatinized starch, and said wherein the thermocoagulation protein is one selected from the group consisting of egg white albumen, casein and whey protein.
- 7. (currently amended) The sponge cake premix according to claim 6 1, wherein said starch comprises at least one of wheat starch, cern starch, tapicca starch, potato starch, rice starch and modified starches excluding pregelatinized starch, said modified starches being prepared by using these starches as the raw materials further comprising at least one of water-insoluble dietary fiber selected from the group consisting of cellulose, wheat bran and sugar keet fiber.
- 3. (currently amended) The sponge cake premix preparing method according to claim 6 2, wherein said pregelatinized the starch

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comprises is at least one of pregelatinized selected from the group consisting of wheat starch, pregelatinized corn starch, pregelatinized tapical starch, pregelatinized waxy corn starch and pregelatinized potato starch, rice starch and modified starches excluding pregelatinized starch, said modified starches being prepared by using these starches as the raw materials.

- 3. (surrently amended) The sponge cake premix preparing method according to claim 6.2, wherein said the pregelatinized starch is contained in an amount of 25 to 55% by weight based on the amount of the cereal powder comprises at least one selected from the group consisting of pregelatinized wheat starch, pregelatinized corn starch, pregelatinized tapicca starch, pregelatinized waxy corn starch and pregelatinized potato starch.
- 10. (currently amended) The sponge cake premix preparing method according to claim 6.2, further comprising at least one of water insoluble dictary fiber selected from the group consisting of ecllulose, wheat bran and sugar beet fiber wherein the pregelatinized starch is contained in an amount of 25 to 55% by weight based on the amount of the cereal powder.
- 11. (currently amended) A batter prepared by adding a The spenge cake preparing method according to claim 2, wherein the thermocoagulation protein liquid to a premix centaining as a main ingredient a cereal powder is one selected from the group consisting of starch and a pregelatinized starch, said batter having a viscosity of 100 to 300 Pars albumen, casein and whey protein.
- 12. (original) A batter prepared by adding a thermocoagulation protein liquid and at least one of milk and water to a premix containing as a main ingredient a cereal powder consisting of

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starch and a pregelatinized starch, said batter having a viscosity of 100 to 300 Pa·s.

- 13. (criginal) A batter prepared by adding at least one of a a thermocoagulation protein liquid, milk and water to a premix containing as a main ingredients starch, a pregelatinized starch, and a thermocoagulation protein, said batter having a viscosity of 100 to 300 Pa·s.
- 14. (original) A method of preparing a sponge cake by stirring the raw materials containing as main ingredients a cereal powder and protein to prepare a batter, followed by heating the batter with a microwave oven, wherein said cereal powder includes starch and a pregelatinized starch, said protein is selected from the group consisting of a thermocoagulation protein liquid, a combination of a thermocoagulation protein liquid and milk, a combination of a thermocoagulation protein liquid and water, a combination of a thermocoagulation protein liquid, milk and water, a combination of a thermocoagulation protein and milk, a combination of a thermocoagulation protein and water, and a combination of a thermocoagulation protein and water, and a combination of a thermocoagulation protein, milk and water, and said batter has a viscosity of 110 to 300 Pa·s.
- 15. (original) The method of preparing a sponge cake according to claim 14, wherein at least one water-insoluble dietary fiber selected from the group consisting of cellulose, wheat bran and sugar beet fiber is added to said raw materials.
- 16. (new) The sponge cake preparing method according to claim 2, further comprising a step of adding at least one of water-insoluble dietary fiber selected from the group consisting of cellulose, wheat bran and sugar beet fiber, to the premix.